Monday, November 3, 2014

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GUARANTEED $1 MILLION PRIZE WINNERS

KOUVALIS THE KINGMAKER

POLITICAL STRATEGIST, KEY TO ROB FORD'S AND JOHN TORY'S ASCENTS TO MAYORALTY, IS A MAN OF MANY TALENTS: RESEARCH, ACTING, PSYCHOLOGY, EVEN SOOTHSAYING PAGE 2

Ghomeshi gaffe not due to 'stupidity,' says paper

Profile with no mention of violence allegations caused by 'publication cycle' PAGE 3

Yep, climate change is on us. Our bad.

UN panel puts almost all blame on man, says we may need to reduce emissions to zero to avert disaster PAGE 10

NEWS WORTH SHARING.

Canadian planes fire first barrage at ISIS militants

Fallujah, Iraq. Pair of CF-18s and refuelling plane take part in first mission of campaign

Canadian warplanes involved in the American-led bombing campaign against militants in Iraq had their baptism of fire on Sunday, launching the first airstrike since deploying to the region.

Two CF-18 fighter jets attacked targets in the vicinity of Fallujah, a statement from Defence Minister Rob Nicholson's office said.

"Co-ordinated with our coalition partners, two CF-18s attacked ISIL (or ISIS) targets with GBU12 500-pound laser guided bombs," the statement said.

"The approximately four-hour mission included air-to-air refueling from Canada's Polaris aircraft."

The three aircraft all safely returned to their base in Kuwait, the statement added.

Few other details were immediately released, but the statement said a damage assessment was underway.

Canada has deployed a total of six CF-18s along with the C-150 Polaris and two CP-140 Aurora surveillance aircraft as its contribution to the bombing campaign against the Islamic State of Iraq and al-Sham, which has occupied parts of Iraq and Syria.

The CF-18s, also called Hornets, left Canada on Oct. 21. Some 600 personnel are involved in the air combat mission. Canada has also shipped about one million kilograms of military supplies to Iraqi security forces, who it is also helping train.

The decision to commit to a combat mission was put to Parliament last month. The Conservative majority easily pushed through a motion supporting the measure.

Prime Minister Stephen Harper has said it is imperative to halt ISIS and reduce its capacity to launch attacks outside the region. THE CANADIAN PRESS

Strap in

6

Prime Minister Stephen Harper has committed to the mission for six months.

RAPTORS PUSHED ASIDE

The Raptors' James Johnson defends against the Heat's Chris Bosh as he attempts to drive to the basket during the second half of their game in Miami on Sunday. The Heat defeated the Raptors 107-102. Toronto hasn't beaten Miami since 2010. Story, page 20. JOEL AUERBACH/THE ASSOCIATED PRESS

TODAY'S TIP
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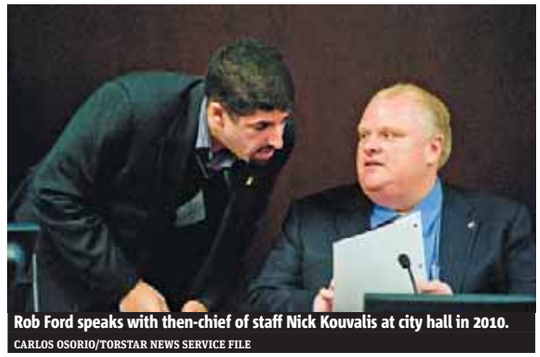
NEWS 1

Meet the 'Ford whisperer'

Nick Kouvalis.
Controversial strategist and key member of Team Tory got Rob Ford elected in 2010

Nick Kouvalis heads down the escalator to hear John Tory make a big transit announcement in May. DAVID COOPER/TORSTAR NEWS SERVICE FILE

Nick Kouvalis celebrates John Tory's election night win with the mayor-elect and Tory's brother Michael Tory. TORSTAR NEWS SERVICE FILE


Rob Ford speaks with then-chief of staff Nick Kouvalis at city hall in 2010. CARLOS OSORIO/TORSTAR NEWS SERVICE FILE

After Doug Ford replaced his cancer-stricken brother Rob in the Toronto mayor's race, John Tory's team was putting the frontrunner through his mock-debate paces.

Playing Doug was Nick Kouvalis, the mastermind behind Rob Ford's unlikely 2010 election but now a key member of Team Tory.

"Nick was so good — he was going after John in a personal manner, really getting under his skin," recalls Tom Allison, Tory's campaign manager.

"John turned and fired back at him in a way that made me think, 'Nick is acting. John is not acting.' I think for a moment John forgot that it wasn't actually Doug Ford."

Kouvalis played many roles — research and strategy guru, cheerleader who relentlessly reminded the big team they were going to win, and in-house expert on the Ford brothers.

"He was our Ford whisperer," Allison says with a laugh. "Nick predicted the whole campaign, including what they were going to do, when Rob would fall off the wagon, the fact that Doug would take his place ..."

Kouvalis, 39, is an unlikely Tory champion. In 2007, he launched an unsuccessful "Dump Tory" campaign aimed at the then-Ontario PC leader. In 2010, when Tory was rethinking his decision not to run against Ford, Kouvalis used sneaky tactics to keep him out.

But when Liberal politico Bob Richardson was, a year ago, trying to convince Tory to run against the Fords, Tory wanted to know two things — could he win, and could he get Kouvalis on his team.

Today, mayor-elect Tory is glad he sought out the man who has used modern technology and old-fashioned psychology to devastating effect.

"He ranks at the very top of the list of smart people that I've worked with on election campaigns, most of them not as the candidate," Tory says.

"He is amazing when it comes to being handed a problem, an assertion that somebody has made, a situation that somebody's in, and saying without missing a beat, 'The way you should deal with it is this.'

"He's also exceptional at interpreting data, telling you what is going on in the public mindset. He has an uncanny ability to do that in a way that turns out to be accurate. He's a new political force to be reckoned with."

A force with some baggage. He has bragged about ploys including anonymous calls to radio shows and fake Twitter accounts. In 2011 his firm made, on behalf of the federal Conservative party, misleading calls to voters in Liberal MP Irwin Cotler's riding, earning a censure from Parliament's Speaker.

In politics, though, winning counts. He helped the federal Conservatives clinch enough GTA seats to form a majority in 2011 and, last year, worked on B.C. Liberal Premier Christy Clark's stunning re-election win.

Enemies — including some at city hall, who declined to speak for this story because of his influence with Tory — and those on Twitter who despise him will gnash their teeth, but Kouvalis is the new political "rainmaker."

TORSTAR NEWS SERVICE

People person

"I'm good with people. I can read them, I can work with them, I can get people to do things and make them think it was their idea."

Nick Kouvalis, now part of John Tory's transition team

The Team Ford days

Kouvalis has fond memories of the 2010 campaign, when Rob Ford was "working hard and sober and serious."

- "Rob Ford is a formidable politician — he was working 18-hour days," he says. "Doug Ford is a successful businessman and smart guy who tried to keep things on the rails." Fearing for Rob's life, he privately urged both Fords to get him professional help, he says.
- He rejected a re-election role after learning of Rob's interactions with alleged members of a gang implicated in gun smuggling.

Wynne, Harper speak after shooting

Kathleen Wynne
ANDY WONG/THE ASSOCIATED PRESS FILE

Sometimes it takes a tragedy to bring people together.

Ontario Premier Kathleen Wynne and Prime Minister Stephen Harper, who had not talked in more than six months, finally connected with one another after the Oct. 22 shooting on Parliament Hill that killed Cpl. Nathan Cirillo.

"He and I spoke after the attack in Ottawa," Wynne told Torstar News Service Saturday as she concluded a weeklong trade mission to China.

"That was just me saying that my heart was with him," the premier said.

After Cirillo was murdered while guarding the National War Memorial, his killer Michael Zehaf Bibeau stormed Parliament Hill and was shot dead just steps from where Harper and his Conservative caucus were meeting.

Wynne said she reached out to the prime minister to let him know she was relieved that he and his colleagues were safe.

The two most powerful political leaders in Canada had not spoken since March.

Wynne indicated Saturday that she wants to work with Harper, who faces voters sometime in the next 11 months.

"But we haven't had a substantive meeting yet," said Wynne.

"I said, 'We have a lot of things to talk about and I hope we will get a meeting soon.'"

Harper himself is headed to China this week and Wynne is hopeful he can convince Beijing to establish a currency trading hub in Canada.

TORSTAR NEWS SERVICE

Pittsburgh paper prints Ghomeshi profile, fails to mention abuse claims

'Caught in the publication cycle.' Executive editor says it was a question of deadlines

A Pittsburgh newspaper was left scrambling to explain on Sunday why a profile of former CBC radio host Jian Ghomeshi was reprinted in a promotional supplement without mentioning the abuse allegations that led to his termination.

A profile of Ghomeshi was on the front page of the Pittsburgh Post-Gazette promotional supplement that was sent to non-subscribers of the paper on Sunday.

The 850-word write up, featuring an August interview with Ghomeshi on his thoughts on life as an immigrant, first ran in the paper and online on Oct. 19.

The paper posted an explanation on its website Sunday that said the advertising supplement was printed on Oct. 23, three days before Ghomeshi's firing and the start of a number of media reports containing allegations from women who say they were physically or sexually assaulted.

The "promotional advertising vehicle" contains "evergreens," stories the paper considers its best work, executive editor David Shribman said in an interview Sunday.

Due to a schedule that sees the promotion printed 11 days in advance there was no way they could have pulled it back in time, Shribman said in a phone interview.

"We kind of got caught in the publication cycle," he said.

"It's not a question of stupidity, it's a question of deadlines."

Shribman couldn't provide an exact number of copies that were distributed but said they would have numbered in the "tens of thousands" of people. He said a note of explanation on the Ghomeshi piece would be in a future edition.

"The next time we print this thing ... we will also clarify what's going on with this guy."

In 2010, Ghomeshi's show, Q, was syndicated in the U.S. care of Public Radio International. The show now airs on more than 180 stations — including in Pittsburgh.

Radio host Jian Ghomeshi is shown in a handout photo. A Pittsburgh newspaper was left scrambling to explain on Sunday why a profile of former CBC radio host Jian Ghomeshi was reprinted in an advertising supplement without mentioning the abuse allegations that led to his termination.
TORSTAR NEWS SERVICE

Sex-crimes unit

Criminal investigation expands

A third woman is now being interviewed by the Toronto police sex-crimes unit as the criminal investigation into allegations of physical and sexual assault against fired CBC star Jian Ghomeshi expands.

Police are also investigating videos Ghomeshi showed his CBC bosses Oct. 23 containing "graphic evidence that Jian had caused physical injury to a woman."

Ghomeshi was fired by the CBC last Sunday, three days after CBC saw the "graphic evidence" for the first time, according to an internal staff memo sent out Friday.

Ghomeshi — whose whereabouts are unknown — has not yet been interviewed, police said Saturday.

Over the past week Torstar News Service and other media outlets have published accounts by nine women alleging Ghomeshi violently abused and harassed them.

Ghomeshi will, "at some point," be asked to come in and discuss the allegations, the head of the sex-crimes unit, Insp. Joanna Beaven-Desjardins, said in a news conference on the weekend.

A formal police investigation was launched Friday, a day after Chief Bill Blair made a public statement asking complainants to contact the police so an investigation could be opened.

Woman catcalled. Viral vid could have been filmed in Toronto: Hollaback!

A viral video capturing a woman being catcalled more than 100 times in 10 hours while walking the streets of New York City could have been filmed in Toronto with similar results, says the head of a local anti-street-harassment organization.

Hollaback!, an international movement to end street harassment, posted the almost two-minute public service announcement on YouTube Tuesday. The short video follows actress Shoshana Roberts as she walks the sidewalks in New York, dressed casually in a black T-shirt and jeans.

She remains silent as men make comments to her like, "What's up, beautiful?" and "Damn. How you doing?"

The video had received more than 30 million hits as of Sunday.

Alicia Versteegh, 28, is the co-director of the local Hollaback! chapter, Hollaback! TO. She said the video, the brainchild of director Rob Bliss, could have easily been filmed in Toronto instead of New York with comparable results.

Versteegh settled in Toronto four years ago after moving around her whole life. She was upset by the number of incidents she encountered on the city's streets.

"I've lived in lots of cities and when I moved to Toronto, it was the worst city in terms of street harassment that I've ever been to," Versteegh said.
TORSTAR NEWS SERVICE

Tipping point

Alicia Versteegh said she found the harassment in Toronto so bad she reached a "tipping point," which led her to start the local chapter of the Hollaback! site last April.

- Through the site, women from Toronto can post about their experiences online, and point out on a map of the city where the alleged harassment occurred. They're asked to share if a bystander came to their aid and can support others by hitting the "I got your back," button, similar to "liking" a Facebook post.

A PSA video by director Rob Bliss capturing actress Shoshana Roberts being verbally harassed more than 100 times over a 10-hour period in New York has gone viral since it was released by anti-street harassment group Hollaback! SCREEN GRAB

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West end

Two seniors killed in home fire

Two people are dead after a fire early Sunday in west-end Toronto.

Capt. Mike Strapko says firefighters responded to the blaze near Martin Grove and Dixon roads around 3:30 a.m.

An 80-year-old man and a 76-year-old woman were found without vital signs in separate areas of the semi-detached house.

Paramedics performed CPR, but both were pronounced dead soon after.

The Ontario fire marshal is investigating but the fire isn't considered suspicious at this point.

680NEWS/THE CANADIAN PRESS

The front door of the home shows the destruction.

TORSTAR NEWS SERVICE

Etobicoke. Parents to meet after school worker accused of sexual assault

Concerned parents are set to gather at Martingrove Collegiate Institute Monday evening after learning that a special-needs assistant at the school was arrested for allegedly sexually assaulting a 13-year-old girl.

In a letter sent home to parents Thursday, principal Ralph Nigro said the accused staff member "will remain home, pending the outcome of this matter."

Police announced Friday they had arrested a 43-year-old man in connection with a sexual assault investigation. The man worked assisting youth with special needs at the Etobicoke secondary school.

It is alleged the teenage girl was sexually assaulted by the man a number of times from October 2010 to December 2011. It's not yet known if the girl is or was a student at Martingrove.

"While it is important to remember that the laying of criminal charges does not constitute guilt, and that a person is innocent until proven guilty in a court of law, we also cannot and do not take these allegations lightly," said Nigro in his letter.

He said the safety and well-being of students is a top priority.

"We know that this situation may be upsetting for some of our students and will ensure that supports are in place for them," said Nigro.

Martingrove administration is holding the special meeting to address parents' concerns and answer their questions as best it can.

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The suspect

On Wednesday, police arrested Richard Ford of Toronto on charges of sexual assault, sexual interference, invitation to sexual touching and sexual exploitation. Police say there may be other victims.

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Elizabeth Nugent was killed last week. Her boyfriend, Malcom Copeland, has been charged with second-degree murder. CONTRIBUTED

'Everybody loved her so much'

Elizabeth Nugent. Family and friends left reeling after woman found dead in her apartment

At 32, Elizabeth Nugent had satisfied a bucket list most would envy.

She'd gone skydiving and bungee jumping. She backpacked Europe solo. Most recently, she took up flying lessons.

Her adventures came to a tragic end last Monday afternoon, when Burlington police found her dead in her apartment building after a standoff with her boyfriend, Malcolm Copeland, 41. Copeland has since been charged with second-degree murder.

"We as a family are deeply shocked and saddened at the news of Elizabeth's death," her mother, Crystal, said through a police-issued statement. "We miss her dearly."

Nugent was shy growing up in the city of Belleville, said her brother Nathan Nugent, 39, a military surgeon. She blossomed while attending Loyalist College, for advertising.

"Her underlying personality was introverted but she worked hard at being an extrovert," her brother said over the phone from Belleville. As a bartender, her charm earned her "obscene tips," added Nathan's wife, Melanie.

"Everybody loved her so much."

Liz Nugent used the cash to fuel her passions. Her graphics company OOF! Designs was gaining traction, landing contracts with a local health authority and authors. She was also a skilled painter, photographer, portrait artist and prolific poet.

Though she adored her parents, Vince and Crystal, and Nathan and Melanie's three kids, Liz was excited to move from her hometown to Burlington this past summer.

According to Melanie, Liz had also bounced around a few times while in romantic relationships. Often, she said, her sister-in-law took on a caregiver role with men.

"She never really found anybody that was good enough for her."

Most of the family only met Copeland once.

The family is crushed about her death, Nathan said, his parents not yet able to accept that their daughter is gone.

Melissa Cruwys, 30, a friend from Belleville, saw the news on Facebook.

She remembered going rollerblading and bar hopping with Liz in their early 20s and said she'll miss her friend's spirit.

"You can't help but have fun when you're with her. She just loved to make people laugh," said Cruwys.

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At the scene

- Police were called to Nugent's apartment Oct. 27 at around 10 a.m. after neighbours overheard a verbal altercation. Copeland had barricaded himself inside, police said, and had indicated he had a firearm. When a tactical unit broke inside four hours later, they discovered Nugent.
- Police have not released a cause of death. Copeland appeared in court Oct. 30 but has not entered a plea.

‘We’re slowly reconnecting the city’

Liberty Village. Urban designers pushing for pedestrian-cycling structures to bridge gaps in infrastructure

Developers in Liberty Village are proposing a pedestrian and cycling structure to bridge the rail corridor and close the gap east of Dufferin Street “almost like a giant kind of zipper.”

“We’re slowly reconnecting the city,” said urban designer Michel Trocmé of a planned pedestrian-cycling bridge at Fort York, the Strachan Avenue overpass and a second King Liberty link close to Shaw Street.

“The one area that’s missing is right in here, which happens to be the densest part of this area of west Queen West and Liberty Village.”

Called the King High Line, the structure would slowly incline along east-west ramps that hug the rail corridor on the north and south sides before crossing directly over the tracks at the foot of Abell St. where it meets Sudbury St. The plan calls for elevators and stairs at either end of the direct crossing.

Access to Liberty Village is cut off by the CN tracks to the north and south as well as the Gardiner Expressway, and the area is in need more entrances and exits.

“This is one of the frustrations,” agrees Coun. Mike Layton. “The density was approved and built before all of the infrastructure was in place. Since then we’ve just been trying to play catch-up to the developers.”

Layton sympathizes with Liberty Village residents who are forced to walk all the way down around Strachan or Atlantic Aves. to get in and out.

But the city has already allocated millions to build the future King-Liberty pedestrian-cyclist link close to Shaw Street and further east, the Fort York bridge, which started with an environmental assessment six years ago.

TORSTAR NEWS SERVICE

The “big question”

First Capital and Urbancorp, the developers who hired urban designer Michel Trocmé to create the structure’s proposed alignment, would contribute $1.2 million to $1.5 million to the project. But the group is looking to Metrolinx, the province and the city for the remainder of the funding. “It’s the big question,” said Trocmé.

Dancing away the Day of the Dead

Aztec dancing is performed by a member of the Tonantzin Dance Group of Toronto during Dia de los Muertos (Day of the Dead) celebrations at the Evergreen Brick Works on Bayview Avenue in Toronto Sunday. The event celebrated Latin American culture with music, food, face-painting and a Mexican Market. COLIN MCCONNELL/TORSTAR NEWS SERVICE

Student bid for sports dome doomed?

Students at Central Technical high school are in a tug of war with the community over their sports field.

Before the municipal election, about 250 of them staged a walkout at the Bathurst and Harbord school in a bid to ask candidates in the Trinity-Spadina wards to support a stalled plan to replace the muddy field with a $6-million seasonal dome.

But given that both the councillor and trustee elected in the ward oppose the dome, their plans are likely doomed.

“We want to enjoy an athletics facility that offers so much to the students and the community as well. That’s not the way their platforms are looking,” said school council vice-president Raymond Dang.

“We just ask that they maybe take into consideration what we have to say as well,” continued fellow Grade 12 student Adriana Burton. “As students of the school we are also part of the community.”

The dome has become a divisive issue in Trinity-Spadina, where councillor-elect Joe Cressy in Ward 20 formed a “no” voting bloc with incumbent Councillor Mike Layton in neighbouring Ward 19 across Bathurst St. and newly elected trustee Ausma Malik.

“I’ve been pretty clear about my stand, and it comes from a place where parents, students, families and community members are not served when you privatize a public asset,” said Malik, who also cited concerns about artificial turf and limited community access.

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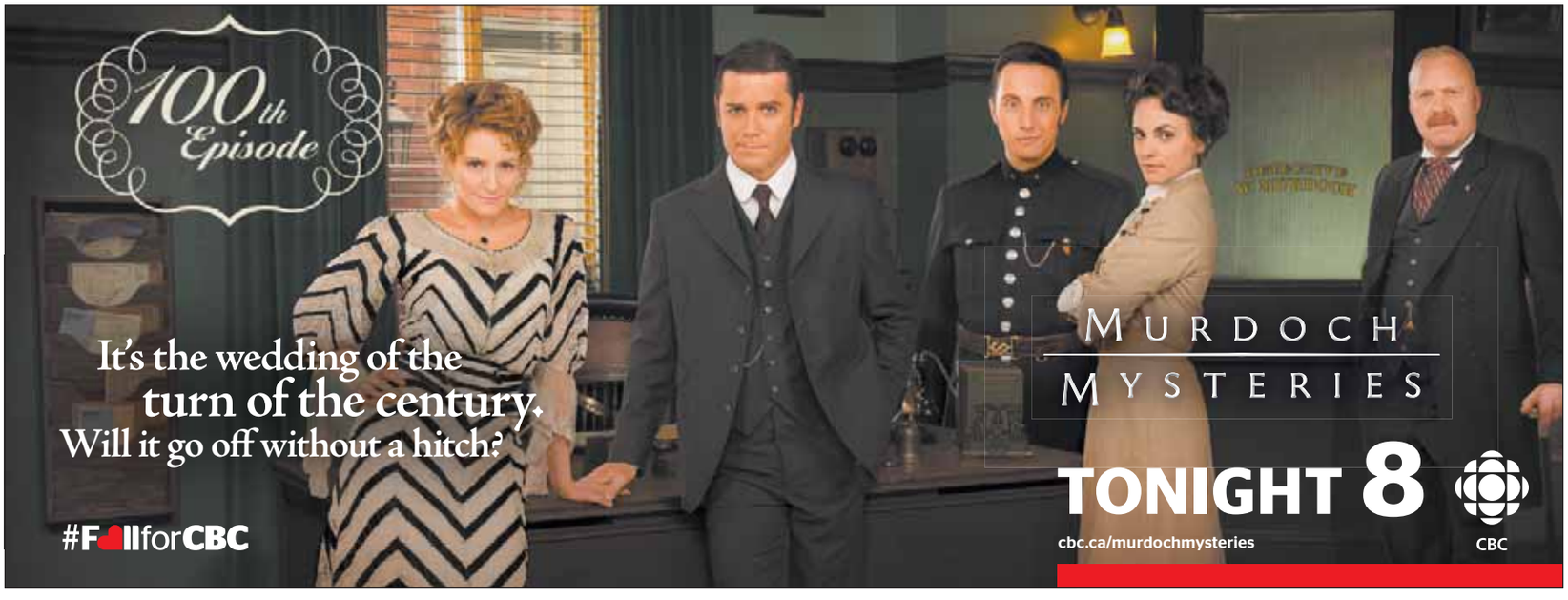

Local man's beloved bike 'Gracie' stolen

Bike owner in shock

'Gracie's gone'

She's a sturdy bike, built to carry heavy panniers and a passenger through the Rockies, across the plains and over the roughest terrain of the Canadian Shield.

"I didn't want anything delicate," Mark Smith, 37, says of Gracie, the bicycle he rode across Canada from April to July.

In spite of the fact that she wasn't a glamorous model, Gracie caught the eye of Toronto thieves, who made off with her in the darkness on Saturday night.

Smith was shocked.

He immediately posted the news on his Facebook page with the words: "Gracie's gone."

Smith has reported the theft to police and is scouring Craigslist and Kijiji to see if Gracie pops up for sale.

TORSTAR NEWS SERVICE

CONTRIBUTED

Quoted

"It's not the first bike I've had stolen, but it was the one I was most attached to."

Mark Smith, who grew attached to Gracie during his personal mission to cross the country by bicycle. The provincial government worker is in the midst of taking a year off to work on his art and a graphic novel, as well as make the trip of a lifetime.

In numbers

8,000

Smith's mission to see more of Canada and spend time in quiet reflection resulted in an almost 8,000-kilometre trip, a loss of 19 pounds, the growth of a Duck Dynasty-worthy beard and a full bank of memories and photos he posted on his blog along the way.
Gracie is in many of the shots, dipping into the Atlantic Ocean at St. John's, N.L., and again at the Pacific Ocean in Stanley Park, B.C.

†Subject to credit approval. To be eligible, patients must complete the Custom LASIK procedure on both eyes by January 15, 2015. Cannot be combined with any other offer or discount. *Prices are subject to change without prior notice and vary based on prescription strength. Applicable on a procedure for both eyes only. Other conditions may apply.

Usher hits up Air Canada Centre

Usher performs at the Air Canada Centre Sunday during the Toronto stop of The UR Experience tour. TOM PANDI/FOR METRO

Decades-old bombing

Ottawa man wanted by France appeals to top court

An Ottawa man facing extradition to France in a terrorism case says the Supreme Court of Canada should hear his appeal due to crucial questions about the use of untested intelligence in a criminal prosecution. The Canadian government says Hassan Diab's request for a high-court hearing "raises no issue of public importance" and should be dismissed. THE CANADIAN PRESS

U of C

Students fear premium dorms to create class system

University of Calgary students' feathers are ruffled after learning that administrators plan to charge a "premium" rate for soon-to-open dorms offering an apparent bird's-eye view. Austin Baecker, president of the campus residence students' association, said he believes the tiered approach to student housing will create a "social stratification" scenario. "You'll have the upper class on the top floors, the middle and lower class on the rest of the floors," he said. JEREMY NOLAIS/METRO IN CALGARY

Canada heads up effort to prevent Arctic suicides

Across the circumpolar world. Common thread is youth and rapid cultural displacement

Canada is leading an international effort to pull together the most effective ways to prevent suicide among aboriginal youth in the Arctic, an ongoing tragedy across the circumpolar world.

This month, officials from the eight countries that ring the North Pole gave final approval for researchers to visit northern aboriginal communities to study how they're dealing with the problem.

Nunavut's chief coroner called a special inquiry in January after 45 people killed themselves in 2013 — a significant increase from the previous high of 34.

That record number put the territory's suicide rate at 13-1/2 times the national average.

But it's bad elsewhere, too.

Suicide rates among Alaskan aboriginals are about three times the United States average. In Greenland, 2010 government data reported about one suicide a week in a population of about 56,000.

Statistics in Norway, Sweden and Finland for the aboriginal Saami population are difficult to tease out. But available data suggests suicide and mental health are issues in their communities as well.

"I think that's clearly why the Saami health leadership as well as the government of Norway is supportive of this project," said Malcolm King, science director for the Canadian Institutes of Health Research, which is co-ordinating the project.

Teams are already at work in the participating countries of Canada, the U.S., Norway, Sweden and Denmark, King said. He's hoping Russia, which is also said to suffer high Arctic aboriginal suicide rates, will join.

Suicide across the circumpolar world seems to have some common features, said King. It affects predominantly young people up to their mid-20s, and seems to involve rapid cultural displacement that Arctic people faced as southern governments exerted their authority over their northern regions.

"A common thread that's emerged in a lot of this so far is what we might call cultural continuity," he said.

"It issues around formation of identity, and disconnections with the community. That may not sit as a cause in mainstream thinking, but it certainly has been talked about a lot as a common thread among indigenous peoples."

King said common themes are also beginning to emerge about the most effective prevention programs.

"There are certainly some indications that involving youth in various ways in finding their own pathway to mental wellness is an important part of projects," he said. "Good practice models all involved active participation of youth."

Often, those models are as simple as giving youth a voice, such as a photography, theatre or film project. Some involve peer support through social media. THE CANADIAN PRESS

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Clinic shut down. N.B.'s pregnant women travel far from home for abortions

Pregnant women from New Brunswick are travelling to Maine and Montreal to obtain abortions after the province's only private abortion clinic shut down last summer, angering pro-choice advocates who say the government is moving too slowly in removing barriers to the service.

Staff at abortion clinics in Augusta and Bangor in Maine said they have seen a spike in the number of telephone inquiries and visits from women from New Brunswick since the summer when the Morgentaler clinic in Fredericton closed, citing a lack of government funding.

Ruth Lockhart of the Mabel Wadsworth Women's Health Centre in Bangor said the independent clinic used to see one or two women from the province over six months. There are now women from New Brunswick at every weekly clinic, sometimes with five or six at a time, she said.

"To have to leave your country? I don't know, that doesn't seem right to me. none of that is fair to women," she said.

Another clinic about an hour south in Augusta is also getting more calls from women in New Brunswick who can now only receive abortions at two hospitals in the province after getting referrals from two doctors who deem the procedure medically necessary.

More distressing for some abortion providers is the claim that women are having to wait weeks to have the procedure done in New Brunswick, sometimes pushing them against the deadline for when some facilities will do an abortion. THE CANADIAN PRESS

French president's first official trip to Western Canada

French President François Hollande, left, and Prime Minister Stephen Harper walk around on Sunday in Banff, Alta. Hollande is the first French president to make an official visit to Western Canada. Harper met Hollande in Calgary and the two made the 90-minute trip to Banff by car. They were expected to discuss greater co-operation on international security and threats, trade and economic development, innovation, and broader people-to-people ties. Hollande will also address Parliament and is also scheduled to visit Montreal and Quebec City. While in Banff both men will attend a state dinner hosted by Gov. Gen. David Johnston. PHOTO: JEFF MCINTOSH/THE CANADIAN PRESS; STORY: THE CANADIAN PRESS

Spookland. Police probing allegations of sexual assault at Halloween party

A 16-year-old girl was found naked, unconscious and drugged with GHB (known as a date rape drug) after a Halloween party at a Quebec resort Friday night.

Police in west Quebec are investigating three separate instances of alleged sexual assault at the Spookland Halloween party at Mont Cascades Resort in Cantley, Que. — a party that got out of control after nine revellers were transported to hospital for drug and/or alcohol poisoning.

When police arrived, it was near chaos, said MRC des Collines Police Spokesperson Martin Fournel. Police were tending to several young partiers who were unconscious from either drinking too much or taking unknown pills, Fournel said. "When our officers got onsite, they found one (unconcious youth) in the school bus, some in the parking lot," said Fournel.

"There was way more people that we couldn't help — being sick and puking and being dangerous, but they had to deal with the most important cases."

One such case was the 16-year-old discovered on the grounds of the ski hill unconscious and "barely dressed." Toxicology tests revealed she had GHB in her system, said Fournel.

Two other girls aged 16 and 17 also reported being touched inappropriately while they waited in line for the event. Police are looking for witnesses.

TREVOR GREENWAY/METRO IN OTTAWA

Transport Minister

Lisa Raitt to undergo surgery

Transport Minister Lisa Raitt is scheduled to undergo surgery on Tuesday to remove a "solid growth" on her ovaries.

She says diagnostic imaging and blood tests suggest the growth is not cancerous but she won't know for sure until it is removed and analyzed.

How much time the 46-year-old will have to take off from her cabinet duties will depend on how invasive the surgery proves to be and whether the lump is cancerous. THE CANADIAN PRESS

Lisa Raitt THE CANADIAN PRESS

Uber still facing resistance amid Canadian expansion

Dangerous or efficient? Various officials across the country have warned people about using Uber services to get around

Taxi cabs are seen at Berlin's Tegel Airport in 2009. The controversial taxi alternative Uber is believed to be planning an imminent expansion into Vancouver. THE ASSOCIATED PRESS/THE CANADIAN PRESS

The taxi alternative Uber has been busy expanding its controversial UberX service in several Canadian cities in recent months, often against the wishes of local politicians and taxi regulators, who warn the service is bad — and potentially dangerous — for consumers.

The U.S.-based company recently launched its UberX brand, which uses a smartphone app to connect passengers with non-licensed drivers, in Toronto, Ottawa and Montreal. The company is also believed to be planning an imminent UberX expansion into Vancouver, where it has been searching for managers and drivers through postings on its website and on social media. Similar job advertisements have also been posted for Calgary.

But wherever Uber goes, the company is forced to fend off criticism from local governments, regulators and the taxi industry. Critics argue UberX is attempting to skirt regulations designed to protect passengers and drivers, such as requirements for insurance, licensing, training and vehicle inspections.

"My message to Uber and any other company like Uber is: We have rules; we have laws in this province that are all about protecting the travelling public and ensuring that people can travel safely," B.C.'s minister of transportation, Todd Stone, recently told reporters.

Consumers may be most familiar with Uber's traditional taxi service — aptly named Uber Taxi — which connects users with licensed cabs. Passengers pay the standard meter rates, plus a tip, and Uber takes a cut of the transaction.

UberX is a relatively new addition to the company's lineup. It allows anyone over 21 with a vehicle to apply to become a driver, though Uber says it subjects applicants to criminal record checks and provides comprehensive insurance.

Municipal taxi regulators in Canada have generally concluded UberX cars meet the definition of taxis, and therefore drivers must be licensed. Uber, however, disagrees with that assessment and has been proceeding without such licences.

Last month, bylaw officers in Ottawa conducted a sting and fined two UberX drivers, and the city says more charges are expected. The City of Toronto issued a statement last month that said UberX violates municipal bylaws and "may pose a serious safety risk." Montreal's mayor has publicly said he believes UberX is illegal.

Vancouver's city council passed a motion last month imposing a moratorium on new taxi licences for six months while it studies several issues related to the industry, including services such as Uber.

B.C.'s transportation minister warned last week of stiff fines and legal action if Uber operates without the proper licences. The New Democrats plan to introduce legislation this week that would dramatically increase those fines.

Uber attempted to launch its black-car service in Vancouver in 2012, but the company withdrew from B.C. after the provincial transportation regulator imposed a minimum fare of $75 per trip.

In a statement Uber argued traditional taxi regulations are outdated and shouldn't apply to its service.

"It's important to note that Uber is not a taxi service — we are a technology company — and as such we don't believe it makes sense to force-fit the services we provide into a taxi regulatory framework that is often decades old," wrote Uber spokesperson Arielle Goren.

THE CANADIAN PRESS

2,000 sheep bring traffic to a halt in Madrid

Medieval right.
Spanish capital sprawls across what was once a herding route dating back to 1372

Shepherds lead their sheep through the centre of Madrid on Sunday.
THE ASSOCIATED PRESS

Shepherds guided a flock of 2,000 sheep through Madrid's streets on Sunday in defence of ancient grazing, droving and migration rights that increasingly have been threatened by urban sprawl and modern agricultural practices.

Tourists and city-dwellers were surprised to see the capital's traffic stopped to permit the bleating, bell-clanking parade to pass the city's most emblematic locations.

Shepherds halted at the old town hall so the chief herdsman could hand authorities 25 maravedies — copper coins first minted in the 11th century — as payment for the crossing. They then continued past Puerta del Sol — Madrid's equivalent of New York's Times Square — and past the Bank of Spain headquarters on their way to Retiro Park.

Children shrieked with joy as the sheep went from a trot to a gallop past a hamburger restaurant and luxury jewelry store in the city's toniest downtown quarter.

Since medieval times, shepherds have had the right to use droving paths crisscrossing a landscape that was once a checkerboard of woodland and grazing space. Some herding routes have been used annually for over 800 years. Madrid became an important urban centre when King Philip II chose it as the capital of his vast empire in 1561. THE ASSOCIATED PRESS

Charity at heart of festival

A man arranges tea candles Sunday to form a heart, during a local Festival of Lights in Halle (Saale), central Germany. People were invited to buy the candles with the money collected donated to charity organizations. This year's installation consisted of around 15,000 tea lights. JENS MEYER/THE ASSOCIATED PRESS

Halloween

Wedding ring goes out with the candy

An Arizona woman is searching for her wedding ring after she says she accidentally gave it away with Halloween candy.

KNXV-TV reports that Mesa resident Brooklin Yazzie says she mistakenly handed out the ring Friday during a mix-up.

Yazzie says she placed her wedding ring in a candy jar while helping her daughters carve pumpkins, and when the night became hectic she absentmindedly dumped the contents of the jar into the candy bag.

She says there were also plastic rings inside the candy bag.

Yazzie says she is hoping someone has the ring because it isn't worth much money but has more value to her. THE ASSOCIATED PRESS

Germany

Gate stolen from former Dachau concentration camp

A wrought-iron gate bearing the Nazis' cynical slogan "Arbeit macht frei," or "Work sets you free," was found missing early Sunday morning from the former Dachau concentration camp near Munich, police said Sunday.

Two women walk through the main entrance at Dachau Sunday.
ANDREAS GEBERT/THE ASSOCIATED PRESS

In 2009, a similar sign was stolen from the Auschwitz death camp in Poland. THE ASSOCIATED PRESS

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Climate change is almost entirely humankind's fault: UN panel report

'Leaders must act.'
States have the means to reduce emissions, may need to decrease outputs to zero this century to stabilize global temperatures

Climate change is happening, it's almost entirely the fault of humans, and limiting its impacts may require reducing greenhouse gas emissions to zero this century, the UN's panel on climate science said Sunday.

The fourth and final volume of the Intergovernmental Panel on Climate Change's giant climate assessment didn't offer any surprises, nor was it expected to, since it combined the findings of three earlier reports released in the past 13 months.

Sleep-deprived delegates approved the final documents Saturday afternoon after a weeklong line-by-line review in Copenhagen that underscored that the IPCC process is not just about science. The reports must be approved both by scientists and governments, which means political issues from UN climate negotiations, which are nearing a 2015 deadline for a global agreement, inevitably affect the outcome.

The documents underlined the scope of the climate challenge in stark terms. Emissions, mainly from the burning of fossil fuels, may need to drop to zero by the end of this century for the world to have a decent chance of keeping the temperature rise below a level that many consider dangerous. Failure to do so, which could require deployment of technologies that suck greenhouse gases out of the atmosphere, could lock the world on a trajectory with irreversible impacts on people and the environment, the report said. Some impacts are already being observed, including rising sea levels, a warmer and more acidic ocean, melting glaciers and Arctic sea ice and more frequent and intense heat waves.

An iceberg melts in Kulusuk, Greenland, near the Arctic Circle in this August 2005 file photo. The UN's panel on climate science says climate change is happening, and it's almost entirely the fault of humankind.
JOHN MCCONNICO/THE ASSOCIATED PRESS/THE CANADIAN PRESS

"Science has spoken. There is no ambiguity in their message. Leaders must act. Time is not on our side," UN Secretary-General Ban Ki-moon said at the report's launch in Copenhagen.

Amid its grim projections, the report also offered hope. The tools needed to set the world on a low-emissions path exist; it just has to break its addiction to the oil, coal and gas that power the global energy system while polluting the atmosphere with heat-trapping CO2, the chief greenhouse gas.

"We have the means to limit climate change," IPCC chairman Rajendra Pachauri said. "All we need is the will to change, which we trust will be motivated by knowledge and an understanding of the science of climate change."

The report is meant as a scientific roadmap for the UN climate negotiations, which continue next month in Lima, Peru. That's the last major conference before a summit in Paris next year, where a global agreement on climate action is supposed to be adopted.

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Suicide bomber kills 54.
Explosion rocks Wagah border checkpoint

A suicide bomber detonated explosives near a Pakistani paramilitary checkpoint near the country's eastern border with India on Sunday, killing at least 54 people in the deadliest attack to hit the country in several months, police and government officers said.

The explosion hit near the checkpoint at the Wagah border crossing as hundreds of people were returning from a military parade on the outskirts of Lahore, provincial police chief Mushtaq Sukhera said.

The death toll was likely to rise because over 100 people were wounded, with several in critical condition, Sukhera said.

Police are investigating the bombing, and had intelligence reports in advance that there could be such a blast in the city, he added.

The suicide bombing was the deadliest attack in Pakistan since the military launched the offensive in mid-June. THE ASSOCIATED PRESS

Religion

Israel passes bill to ease conversions

Israel's Cabinet has passed a charged bill aimed at easing conversion to Judaism in Israel.

Sunday's vote comes after much political wrangling and pressure from ultra-Orthodox parties on the prime minister to shelve the bill for fear of losing their monopoly over matters of church and state in Israel. Under the new reform, municipal rabbis will be allowed to hold special conversion courts, thus expanding those entitled to perform conversions. THE ASSOCIATED PRESS

Woman gets a year for volleyball game protest

Found guilty. Iranian-British dual citizen sentenced to one year in prison for anti-regime demonstration at Iranian match

An Iranian-British woman detained while trying to attend a men's volleyball game in Iran has been found guilty of spreading propaganda against the ruling system and sentenced to a year in prison, her lawyer said Sunday.

Britain immediately raised concerns about Ghoncheh Ghavami's trial. The case highlighted the limits to free expression inside Iran and efforts by authorities to enforce strict interpretations of Islamic norms despite a policy of greater openness pursued by President Hassan Rouhani.

The 25-year-old woman's brother, Iman Ghavami, said the family had been hoping she would be set free based on time already served since her June arrest. They are still trying to get official details of the verdict, he said.

"We're disappointed and kind of shocked. We really hoped she'd be released," he told The Associated Press.

His sister's lawyer, Mahmoud Alizadeh Tabatabaei, said in an interview that a court found her guilty of "propagating against the ruling system." Tabatabaei said he was shown the text of the verdict but is still waiting to receive it officially.

"I was told at the court today that my client's case has been referred back to the prosecutor because Ghavami is facing new charges. So, the verdict was not given to me,'" he said.

Ghavami was detained in June at Tehran's Freedom Stadium after trying to attend a men's volleyball match.

Ghoncheh Ghavami FREE GHONCHEH CAMPAIGN/THE ASSOCIATED PRESS

Ghavami was held along with the other protesters for a few hours before being released. She was detained again a few days later and stood trial last month. Her brother said she had no access to her lawyer until it came time for her court hearing. THE ASSOCIATED PRESS

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China's slowing economy to have ripple effect

A worker is dressed in an emperor costume to attract customers as he stands outside a shop selling souvenirs at the Wangfujing shopping district in Beijing. An Associated Press survey of 30 economists has found that 57 per cent of them expect China's decelerating economy to restrain growth in countries from Brazil and Chile to Australia and South Korea. A notable exception is the United States, which the economists see as largely insulated from China's troubles. ANDY WONG/THE ASSOCIATED PRESS FILE

Strike gold by investing in oil?

HOW TO ROLL
Alison Griffiths
investing@metronews.ca

Who would have thought that the world would suddenly be awash with oil, driving the price per barrel under $80, last Monday, for the first time since 2012? In fact the price per barrel has dropped 27 per cent since a midsummer high of $107.

Now Goldman Sachs is predicting that oil will drop to $70, causing much speculation about cancellation of or, at least, a slow down of oil construction and pipeline projects. And of course the oil-producing provinces are going to feel a pinch in their royalties.

Now for the good news! All sector swoons spell opportunity. While a litre of gas still isn't cheap, oil stocks are starting to look that way. Over the past 12 months, the Canadian capped energy index is down nearly six per cent, while the S&P/TSX Composite Index is up over eight per cent, even after the October sell-off.

If you have an RRSP or any kind of workplace pension, you are likely already an oil investor. That's because virtually all Canadian mutual funds that invest in larger Canadian companies will hold some of the bigger oil companies.

But that's not to say you shouldn't add a bit more energy to your personal investments. The tricky question is, which stocks should you go for? Right now there's plenty of risk in the oil patch and not just from falling stock prices. Oversupply, currency issues, declining demand and geopolitical worries can all affect dividends as well.

I surveyed a group of energy analysts and portfolio managers to determine which of the big energy companies are most likely to maintain dividends if oil tumbles further. Three names were consistently mentioned.

Remember, even though these three companies have strong balance sheets, oil at $70 a barrel will put a crimp in stock prices and dividends may go on the chopping block. Prices and yields as of Oct. 31:

Price Dividend Yield
1. Suncor Energy (SU-TSX)
$38.75, 2.88 per cent
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3. Vermilion Energy (VET-TSX)
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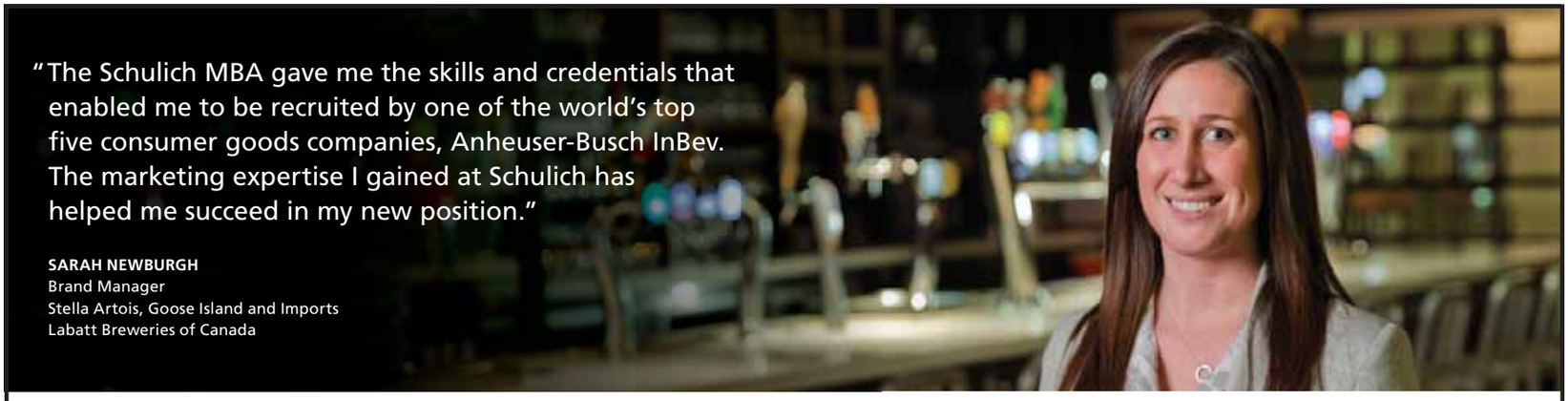

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NOW SHOW US YOU CAN PLAY NICE, MAYOR TORY

URBAN COMPASS

Matt Elliott
toronto@metronews.ca

In what really wasn't much of a surprise, John Tory was elected mayor of Toronto last week. His victory can be chalked up to a lot of things, but part of it, at least, was because of the transit plan he laid out to voters.

But here's the thing: Now that he's won, we're going to need him to change that transit plan. I say this not because I'm rabidly opposed to Tory's SmartTrack, but because I've realized that a mayor won't get very far at Toronto City Hall if they aren't willing to compromise. It's simply the nature of needing to work with 44 councillors, the provincial government and the federal government. Compromising is job one.

Fortunately, SmartTrack could lend itself to compromise. Long before Tory's campaign team gave it a rebrand, most elements of the plan already existed. Nerdy transit enthusiasts have been talking for more than a decade about the need to electrify GO Transit lines and provide more frequent service throughout the GTA.

The idea has always been a good one, earning support from Metrolinx, a gaggle of city councillors, some MPPs at Queen's Park and, hell, even mayoral candidate Olivia Chow.

Where Tory ran into trouble was when he took that basic good idea and added some questionable elements.

I'm talking about things like the plan to tunnel along Eglinton Avenue at a huge cost, future capacity concerns at Union Station, the ridership implications of SmartTrack running essentially parallel to the new Scarborough subway and — most importantly — the actual math behind the tax increment financing scheme he says will pay for it.

Tory didn't seem interested in explaining these issues during the campaign. And maybe that was good campaign strategy. Tory needed to take every step to avoid being seen as a flip-flopper. But now that he's mayor, a little flip-flopping might be necessary.

We'll know pretty quickly what kind of mayor Tory intends to be. If he really doesn't understand city hall, he'll attempt to push through his transit vision with minimal analysis and study, browbeating councillors and the public with talk of his mandate and a drumbeat mantra of SmartTrack, SmartTrack, SmartTrack.

We've seen that strategy before. It didn't go well.

But if he's smart about SmartTrack, Tory will open all aspects of the plan to review, including the alignment and financing mechanism. He'll also commission reports weighing the benefits of SmartTrack versus other future transit projects like the downtown relief subway line.

Tory should take whatever expert advice he gets, then work with council to build a consensus on the best transit solution for Toronto. The result won't look exactly like SmartTrack, but Tory needs to be okay with that. Remember: Compromising is job number one.

Read more of Matt's blog, Ford for Toronto, at metronews.ca

House of the dead crowded

A woman dressed as the iconic Mexican Catrina poses for photographers as she gathers with other women in costume in an attempt to set a record for the most Catrinas in one place during Day of the Dead celebrations in Mexico City over the weekend. MARCO UGARTE/THE ASSOCIATED PRESS

Proposed law threatens Día de Muertos traditions, say critics

Mexico's capital, Mexico City, is rapidly running out of gravesites, and many residents of this growing metropolis of nine million people have to exhume the remains of their loved ones once the burial rights expire to make room for new bodies. Officials say there is no public land available for new cemeteries.

The lack of space has prompted the city's legislative assembly to propose a law that would reduce the time a body can remain in a grave and encourage people to cremate the bodies of their love ones, a move that critics say will threaten Mexico's long and rich traditions surrounding burying and celebrating the dead.

While other countries reuse graves, it is a sensitive issue in Mexico where celebrating the dead is still a living part of the culture.

THE ASSOCIATED PRESS

Quoted

"Can you imagine that with the stroke of a pen they can erase All Saints Day and the Day of the Dead? They have no idea what they are doing." Jesus Guzman, who says many indigenous Mexicans prefer burial and are reluctant to accept cremation.

MetroTube

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Rocket blowback

ANDREW FIFIELD
andrew.fifield@metronews.ca

THE ASSOCIATED PRESS

Orbital Science Corp.'s Antares rocket exploded spectacularly last Tuesday, just after liftoff from a Virginia launch pad on what was supposed to be a Cygnus spacecraft trip to the International Space Station. Meanwhile, a crowd had assembled about 1-1/2 miles away to watch. The realization that the launch had failed came a little late, but not as late as the very violent sound wave that threw some of them — including the person who shot this video — to the ground. (jms2productions/YouTube)

Comments

RE: Newspaper does damage control on Ghomeshi, published online Nov. 2, 2014

I was supportive of letting your freak flag fly... And then all that other "information" came out that's made the initial story seriously questionable.
Jorhan Walsh,
posted to Facebook.com

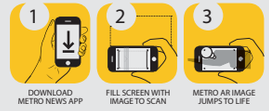
metro AR

SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 21 in Sports.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Wait for the green scan bar to read the image!
3. Voilà! You should see the AR in action.



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Television

The Iron Throne should look more like this, George R.R. Martin says. MARC SIMONETTI

GOT author was never happy with the Iron Throne

As much as author George R. R. Martin approves of the TV series inspired by his A Song of Ice and Fire books, he says the Game of Thrones producers didn't nail the look of the imposing Iron Throne. It needed to be even bigger and creepier, he says.

For his new book, The World of Ice & Fire: The Untold History of Westeros and the Game of Thrones, Martin worked with artist Marc Simonetti to create a painting, shown above, that brought his vision to life.

"He and I went back and forth a half dozen times to get something I could say, 'Yeah, this is absolutely right,'" said Martin, according to Business Insider. "I said repeatedly the Iron Throne is huge. It towers over the room like a great beast. And it's ugly. It's asymmetric. It's put together by blacksmiths, not by craftsmen ... You have to walk the iron steps, and when a king sits on it he's like 10 feet above everybody else ... He's in this raised position looking down on everyone." THE CANADIAN PRESS

These pint-sized chefs really know how to cook

Television. The level of talent on Masterchef Junior is even higher than last season, says judge Graham Elliot

Judge Graham Elliot talks to a contestant on Masterchef Junior, which starts season two Tuesday on CTV Two. CTV

If you were blown away watching the kid contestants on the inaugural run of Masterchef Junior, just wait for Season 2, says judge Graham Elliot.

"We had no idea it was going to take off the way it did," Elliot said during a recent stop in Toronto to shoot a guest appearance on the upcoming season of Masterchef Canada.

"What's really fun is that the level of cooking compared to Season 1 is even higher, because everyone knows about it now."

Indeed, the pint-sized chefs on Masterchef Junior made a big impression. Apple-cheeked winner Alexander Weiss wowed audiences in the finale with his pan-seared veal chop over potato gnocchi and deconstructed napoleon cannoli.

Elliot — who serves on the judging panels for both Masterchef Junior and Masterchef with Gordon Ramsay and Joe Bastianich — says the contestant pool for the kids cooking show was not at all what he expected.

"You think you're going to get kids wanting to do the Hollywood thing," he said.

"But you realize that cooking is this creative outlet now, because kids are born into this food-TV lifestyle and experience new things, and a lot of them are well-travelled."

Show time

- Masterchef Junior airs Tuesdays at 9 p.m. ET on CTV Two.

"You see everyone that's got this great passion for cooking and it's contagious. By Day 2, Joe, Gordon and I forget that they're even kids, because of the level they're putting up in terms of food, but also their level of concentration."

Viewers who watched the recent season of Masterchef noticed a drastic physical change in Elliot, who underwent weight-loss surgery just over a year ago, dropping about 150 pounds in the process.

He says Masterchef Junior was part of the impetus.

"The big change, and you know Masterchef Junior was a part of it, is sitting up there talking to kids about eating healthy and about how they're the future of America and they need to make these great choices," he explained. "I was 400 pounds ... and just felt I was living this big lie. You need to try to lead by example, especially for my own kids."

In preparation for the upcoming season, Elliot said the producers visited all 50 states and saw a diverse range of cooking styles. "Kids are doing things that are indicative of their region, their background their upbringing," he said.

"Also (there were) people that cook from the heart and it's really rustic, kids that have a pretty privileged upbringing and have been to all the fancy French restaurants and done the tasting menus — so it's really cool to see that gamut." THE CANADIAN PRESS

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Going to New York City? You'll get a Swift welcome

STARGAZING
Malene Arpe
scene@metronews.ca

Taylor Swift is named New York City's Global Welcome Ambassador for Tourism. That settles my great vacation conundrum. Paris it is.

This week in collaborations: 1) Shakira is teaming up with Fisher-Price to launch a collection of baby toys. 2) Lululemon announces a charitable partnership with the Dalai Lama Center for Peace and Education. 3) Beyoncé and Topshop will launch an athletic streetwear line next year. 4) Dakota Johnson and Jamie Dornan will doggedly continue re-shooting Fifty Shades of Grey until they appear to have at least as much chemistry as a wet dishrag and a pile of dusty bricks.

Larry King tweets that he "likes the smell of turpentine." Asked how he feels about acetone and ethanol, he replies that "chocolate cereal is better than race cars" and "bears don't appreciate your hippie haircut."

Armed clowns are terrorizing the streets of France. Come to think of it, Taylor Swift is awesome and New York is the best.

Pitbull will soon have two reality shows: Pitbull: The Lyfe and The REAL Change Project. The latter will have interesting people talking about overcoming obstacles while The Lyfe, presumably, will be about Lyme disease, lye and Lynyrd Skynyrd.

Dunham delivers tongue lashing to news outlets

Lena Dunham ALL PHOTOS: GETTY IMAGES

Lena Dunham is no stranger to having her words taken out of context, but even she has limits to how often she can turn the other cheek. This week, Dunham is hitting back against news outlets that claim Dunham had admitted to sexually abusing her younger sister, citing excerpts from her new book, Not That Kind of Girl. In the book, Dunham details an embarrassing moment of childhood curiosity when she was seven and her sister, Grace, was one. "The right-wing news story that I molested my little sister isn't just LOL— it's really f—ing upsetting and disgusting. And by the way, if you were a little kid and never looked at another little kid's vagina, well, congrats to you," Dunham posted on her Twitter feed. "Usually this is stuff I can ignore but don't demean sufferers, don't twist my words, back the f— up, bros. I told a story about being a weird seven-year-old. I bet you have some too, old men, that I'd rather not hear. And yes, this is a rage spiral. Sometimes I get so mad I burn right up. Also I wish my sister wasn't laughing so hard."

Bynes takes to Twitter for tirade

Amanda Bynes is doing her Twitter thing again. The former child star, recently freed from her parents conservatorship over her — though that might be temporary — has been using what little time she has available to speak her mind on Twitter. "It is not illegal to talk about my personal business," she begins, kicking off a multi-tweet tirade.

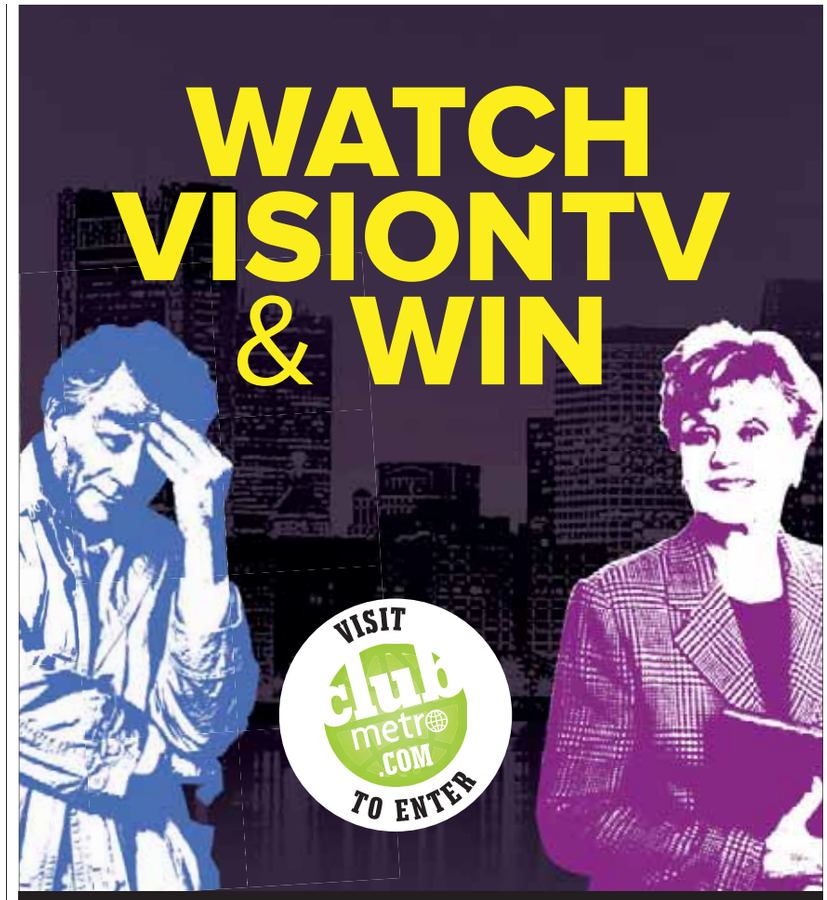
"People need to hear the truth about who I really am ..."

Twitter

@IJasonAlexander
I'm going back to 1993 so I can be 33 for the winter.

@NiallOfficial
Someone said to me today, "you weren't very well dressed up for halloween. " I totally disagree. We were the 6 best dressed in my eyes

@rickygervais
There don't seem to be as many conspiracy theorists as there used to be. I think the government had them killed.



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LIFE 3

Losing your job is miserable, so it's essential to keep cool

Unemployment. Cut your expenses, seek advice from family and friends, and redirect your energy into finding new income

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Job loss comes with two huge stressors. First, there is the financial stuff. Second, there is the emotional misery that you must wade through.

Either pile of poop can sink you, so it is very, very important that you keep a cool head.

Apply for Employment Insurance benefits right away. It can take weeks before you see a penny, so the faster you do this the better.

If you receive a severance, it will affect when your EI benefits kick in. A delay in the start of the claim will result in an extension at the other end for the same number of weeks.

Severance or separation pay is paid out in several different forms and each is handled differently by the EI system. Speak to your HR department to get the lowdown on how you will be affected.

Check how long your benefits will stay in place and whether you've got any vacation or sick pay coming. While your boss is feeling rotten for letting you go, ask for a glowing letter of recommendation.

Sit down with your immediate and extended family to discuss what's going to be different. No point in pretending everything is A-OK.

Brave and strong as you might be, accepting help when you need it the most from people who love you the most is exactly what family is supposed to be about.

As for the kids, they will overhear the adults talking. They'll feel the stress that's swirling in the atmosphere. So talk to them, but tailor your communication to reflect their ages. If you don't address it directly, they'll internalize the angst. Reassure them that, although some things are going to change, your family is safe.

Next, start looking for ways to reduce your expenses.

Cut your clothing budget completely, except for kid essentials. Ditto entertainment, gifts, and all other non-essential expenses.

Trim back on food; time to meal plan and use everything to the very last drop.

Gut communication costs like telephone, cellphone, Internet, and cable or satellite.

Is daycare still an option, or will you swing-shift to take care of the kids at home while upgrading skills and job-hunting? Or will you both take on part-time work to keep the kids in daycare so you don't lose your spaces?

At this point, I bet you're really glad you have that emergency fund. No emergency fund? Oops! Are there things you can sell to make one? The motorcycle? The ATV? The second car?

A line of credit is not an emergency fund, no matter what you've been told. Sure, you'll eventually get another job. But if you've dug yourself a hell of a hole in the meantime, you'll be sorry.

Losing your job is a financial and emotional blow, so tackle it head-on. ISTOCK

It doesn't matter what you have to do to keep a roof over your head, that's a better alternative to using credit.

Take your credit and debit cards out of your wallet and hide them, freeze them or bury them so you can't salve your emotions by impulse shopping.

There is no time when you'll be more tempted to spend money on crap than when you're feeling deprived.

If you hated your last job, then now is the time to start thinking about a career change.

Can you use the time you're not working to upgrade your skills or take courses to retrain for something new? Would this be a good time to turn that hobby into a business?

I am not recommending you remortgage your house and buy a business because you're desperate.

What I'm suggesting is that, if there is something you've always wanted to do — landscaping, web design, freelance writing, small engine repair — now may be just the time to start making some money doing what you love.

If you can turn it into a viable full-time business, good for you. If it brings in extra money while things are tight, that's good, too.

And if you find a full-time job and can keep doing your biz on the side, hey, that's all right too, isn't it?

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROADMAP TO SUCCESS.

Job-hunting advice

When you lose your job, for whatever reason, finding a new one becomes your job, and you should do it with all the energy and enthusiasm you used to spend working.

Tell everyone that you're looking for work. Many jobs are found by word of mouth. Create an overall job search strategy that includes a daily schedule.

Schedule your day as if you were going to work, and make sure you include some socializing time (unemployment can be horrendously isolating), and keep knocking on doors.

Yes, it is hard. Yes, the rejection can be soul-numbing. But you can't just give up and hope something will come along.

You have a family counting on you. You are counting on you. So get busy. Your next job isn't going to find you.

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Squash gives comfort food a new profile

Butternut Squash Shepherd's Pie. This dish features a few delicious swaps

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

There's nothing that characterizes comfort food better than a great-tasting Shepherd's Pie.

Traditionally known as a British Cottage Pie, it was commonly made with leftover meat and mashed potatoes as a topping.

I've added a twist on this classic dish and used fresh lean ground beef and mashed butternut squash.

This healthy winter squash is loaded with fibre and antioxidants known as carotenoids, which are known to protect against heart disease.

As well, I added edamame rather than the traditional green peas and a hint of melted aged white cheddar. Incredible!

You can always substitute sweet potatoes for the squash.

This dish is great to serve as leftovers or freeze in portions.

Directions

1. Preheat the oven to 425 F. Lightly coat an 8-inch square baking dish and large baking sheet with cooking spray.

2. Place a large non-stick skillet lightly coated with cooking spray over medium-high heat. Add the oil and onion and sauté for 3 minutes. Add the garlic and carrots and sauté for 3 minutes. Add the ground beef and sauté for 5 minutes or until no longer pink, breaking up the meat as it cooks.

3. Add the flour and cook for 1 minute. Add the tomato paste, stock, tomato sauce, basil and salt and pepper. Cover and cook on low heat for 3 minutes or until thickened. Add the edamame and cook for one minute. Place in the baking dish.

4. Meanwhile, while the meat mixture is being prepared, place the squash onto baking sheet and roast for 15-20 minutes, just until tender. Place in a bowl and mash, adding olive oil, grated Parmesan and salt and pepper. Spoon over meat filling. Sprinkle with cheese and bake for 5 minutes.

This recipe serves eight. ROSE REISMAN

Ingredients

- 2 tsp vegetable oil
- 1 1/2 cups finely diced onion
- 2 tsp crushed garlic
- 3/4 cup finely diced carrots
- 1 lb extra-lean ground beef
- 1 1/2 tbsp all-purpose flour
- 1 1/2 tbsp tomato paste
- 1/3 cup low-sodium beef (or chicken) stock
- 3/4 cup homemade or store-bought tomato sauce
- 1/2 tsp dried basil
- Pinch of salt and pepper
- 3/4 cup frozen edamame

Topping

- 1 1/2 lb butternut or acorn squash, cut into cubes
- 2 tbsp olive oil
- 3 tbsp grated Parmesan cheese
- Pinch of salt and pepper
- 3/4 cup shredded aged white cheddar cheese

Per serving

260 calories, 15 g carbs, 2.3 g fibre, 25.6 protein, 11 g total fat, 3.4 g saturated fat, 40 mg cholesterol, 223 mg sodium

Building a Better Transit System

Bathurst Street Construction

The TTC and City of Toronto are continuing work to improve transit, road, sidewalk and watermain infrastructure on Bathurst Street. The next phase of construction requires a full closure of the Bathurst Street and Dundas Street West intersection. We encourage the community to support local businesses, which will be open during construction. Access to Toronto Western Hospital, including the emergency department entrance, will be maintained at all times.

What will this mean for TTC customers?

- 511 Bathurst streetcars are being replaced by buses, which are diverting from route due to the intersection closure
- 505 Dundas streetcars are diverting from route
- Expect longer than normal travel times

For more information, visit ttc.ca

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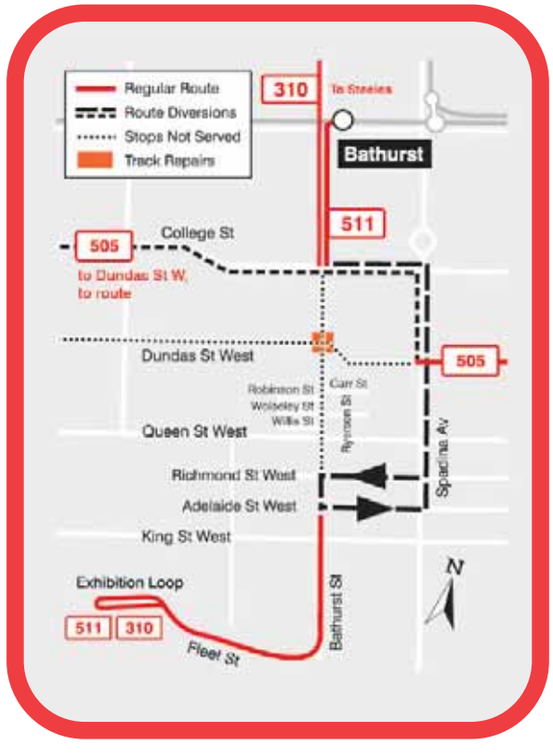

November 3 to November 20, 2014*

- Full intersection closure of Bathurst Street and Dundas Street West
- 511/310 Bathurst replacement buses diverting as follows:
  - Southbound: Bathurst, College, Spadina, Richmond, Bathurst to route
  - Northbound: Bathurst, Adelaide, Spadina, College, Bathurst to route
- 505 Dundas streetcars diverting via Spadina, College, Dundas West to route (no service for stops on Dundas Street West between Spadina Avenue and Lansdowne Avenue)

* timelines subject to change

Scent of a work lunch

Dear Metro,

I'm a healthy eater, and bring my own lunch to work every day. I look forward to a homemade meal at noon, but some of my co-workers have commented that my lunches smell gross. I think they're overreacting, but it's also making me self-conscious about my food. Should I change what I eat to accommodate their noses?

— Let Me Eat Tuna

OFFICE SPACE
Eleni Deacon
life@metronews.ca

Five straight days of fish might leave your lunch friends swimming towards the nearest exit. Why not do them a favour and choose chicken today? ISTOCK

Dear LMET,

Unless your food is nostril-incineratingly putrid, it's within your rights to stick to your stink. Damp-gym-socks soup with a side of raw sewage? Not an advisable workplace lunch. Canned tuna, hard-boiled eggs, semi-aggressive cheese — these items might inspire titters, but they are also reasonable choices for a midday meal.

That said, reasonable does not necessarily equal courteous. If you're scrunching noses from Monday to Friday, consider spacing out your blasts of foul air.

Offices are shared environments, and your colleagues can cope with a strong smell or two, but part of sharing space means minimizing your own disruptions. Should your healthy-but-smelly specialties be causing daily discomfort, it might affect your reputation. And that's not healthy for your career.

Dear Metro,

My workplace is full of loud, boastful personalities. But one girl isn't like that at all — she quietly does a fantastic job, and doesn't get the praise she deserves. In fact, others often take credit for her work! I'd like to make my colleagues more aware and respectful of her accomplishments, but I know she's doesn't like attention. How can I get the word out there without making her uncomfortable?

— Kudos Giver

Dear KG,

Here's what you should do: Print off a billboard-sized photo of her face, get everyone in the office to sign it, then hang it in the boardroom for all to see.

Too much? Try more private acclaim. Your colleague doesn't even have to hear: You could let your boss know, during a one-on-one conversation, how much you've appreciated her work. Or slip the odd "This was all Sally!" into non-group emails. This spares Sally the unwanted gaze of fawning eyes — and makes sure some arrogant windbag doesn't swoop up her praise.

Not that forced fondness wouldn't do Sally good. Modesty may be a virtue, but it can also be a hurdle — especially in competitive industries. What your co-worker needs most may not be kudos from others, but the ability to applaud herself. While public recognition might make her shy in the short term, it could give her the confidence to advance down the line.

ELENI DEACON IS A TORONTO-BASED WRITER WHO HAS SEEN IT ALL AS AN EAGER EMPLOYEE OF BIG OFFICES, SMALL OFFICES, HOME OFFICES AND ONE ITALIAN RESTAURANT.

Your best shot at getting hired depends upon building and maintaining a network of reliable references. ISTOCK

Get in the front door with a good word

Career. Learn how to use an employee referral to get closer to an interview with your dream employer

VICKI SALEMI
Metro in New York City

Online retailer Zappos made news earlier this year when it announced it would be zapping job postings. That's right, they've been nixed, and hopeful job seekers have to find another way in the door.

According to industry buzz, they want to get to know applicants rather than having them apply to the giant black hole known as the applicant tracking system. Prompting job seekers to become "insiders," their site includes ambassadors' Twitter handles and LinkedIn profiles for each team, and essentially details ways that job seekers can connect to recruiters via social media and through referrals.

They're on to something. According to a study by the Federal Reserve Bank of New York, referred candidates are twice as likely to get interviews as non-referred candidates.

Referred candidates also have a 40 per cent better chance of getting hired than other applicants. Armed with this data, job seekers should rely on referrals for the highest rate of return on their time and energy investment in a job search. Here are a few tips on how to get started.

Look at your social networks
For starters, search LinkedIn for connections, ask for introductions and schedule informational interviews. But don't just do this when you're looking for a job and eager to move on — people can see through that. Networking is an ongoing process to forge strong connections and build new skills. It's truly a journey.

Conversations on the phone — or better yet, in-person — will help
An employee may not feel comfortable forwarding your resumé if he or she met you two years ago at a conference and hasn't heard from you since. However, if you had invited her out for coffee three months ago and followed up this week, you're in a much better position to be referred.

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Lessons from the desert

Tip the odds in your favour by leaving little to chance

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson learned from my experience running deserts.

Many of life's projects involve teamwork, and at times, the team is made up of individuals who do not know each other but are coming together for a common purpose.

The question is, how do you bond strangers? This is what we are attempting to do.

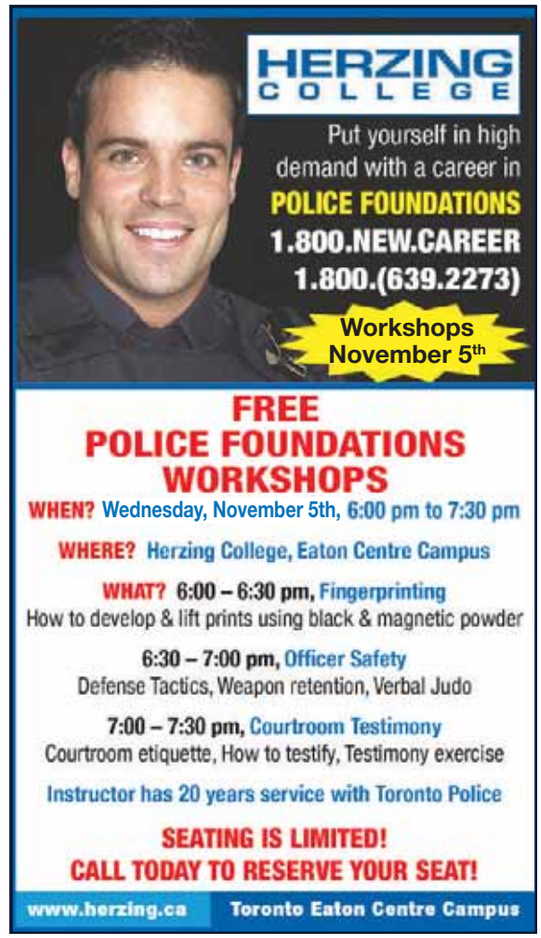
Our team of three runners met for the first time today in picturesque Ushuaia, located near the southern tip of South America, where the Patagonia Mountains meet the Atlantic and Pacific oceans. Our task is simple: come together within three days before the start of the Antarctica race, a race comprising six marathons in five days. We are aligned on our goal, which is to run our collective fastest and challenge to win.

Today, we met and started to focus on how we could win. We engaged ourselves in team-building activities to establish camaraderie, as well as having explorative conversations to understand each other's motivations, values and emotional triggers. These activities allowed us to develop an aligned team with tactics and a strategy for the Antarctica race.

We have just enough time to collectively agree on what is within our control so we can execute our plan. For the myriad of things outside of our control, most will be mapped out so we can discuss our preferred team responses ahead of time, thus increasing what we perceive to be within our influence. For the rest of the time, hopefully our bond will be strong enough so that we can align rapidly to a course of action even if we disagree.

When strangers are strung together to accomplish any task, an in-depth discussion of each person's motivations can help create a strong team. ISTOCK

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER.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WE ARE HUMBER

Raptors stuck on repeat against Heat

NBA. Bosh bullies former teammates again as Miami gets 16th straight win over Toronto

Chris Bosh scored 21 points and grabbed 11 rebounds and the Miami Heat beat the Toronto Raptors for the 16th straight time, prevailing 107-102 on Sunday night.

Dwyane Wade added 19 points, 11 rebounds and seven assists for the Heat (3-0) — the last unbeaten team in the Eastern Conference. Luol Deng scored 18 points, Shawne Williams added 16 and Mario Chalmers finished with 12 for Miami.

DeMar DeRozan scored 30 points for Toronto (2-1), which hasn't beaten Miami since Jan. 27, 2010.

Kyle Lowry added 22, including a layup that got the Raptors within four with 21 seconds left. Jonas Valanciunas scored 14 and Greivis Vasquez finished with 12 for Toronto, which was outrebounded 43-28.

Miami led by as many as 16 late in the third quarter before the Raptors came roaring back, starting with a 6-0 run to close the third and get within 10. Toronto got within six twice midway through the fourth, before Shawne Williams made a pair of big plays for Miami.

He tipped in a missed three-point try by Mario Chalmers for an eight-point lead and after DeRozan's three-pointer with 5:23 left got Toronto to within five, he answered with a three of his own from the left corner to restore Miami's cushion.

Lowry had a chance to get Toronto within five again when he was fouled on a three-pointer with about two minutes left, but missed two of the three tries. The Raptors missed 15 free throws on the night, after missing a total of 16 in their first two games.

THE ASSOCIATED PRESS

On Sunday

Heat	Raptors
107	102

- The Raptors shot 39 free throws and now have a 120-79 edge over opponents in that department so far in this young season.
- Four of the five starters for Miami on the night Toronto last beat the Heat are not currently in the NBA, with Dwyane Wade being the lone exception. Wade played in both ends of a back-to-back, something he did only three times for the Heat last season.
- Drake, the Raptors' global ambassador, was courtside on Sunday night at American Airlines Arena in Miami.

Raptors shooting guard DeMar DeRozan shoots over Chris Bosh, left, and Shabazz Napier on Sunday night in Miami. DeRozan had 30 points, three rebounds, four steals and an assists, but the Heat won 107-102. JOEL AUERBACH/THE ASSOCIATED PRESS

NBA

Clippers slip up vs. Sacramento

The Sacramento Kings never beat the Los Angeles Clippers in four games last season. They made sure that wouldn't happen again with a dominant fourth quarter.

DeMarcus Cousins had 34 points and 17 rebounds, Rudy Gay added 25 points, and the Kings handed the poor-shooting Clippers their first loss, 98-92 on Sunday.

THE ASSOCIATED PRESS

NHL

Winning contagious for Hurricanes

The Carolina Hurricanes finally figured out how to string some wins together.

The Stanley Cup champion Los Angeles Kings are still working on getting their first on the road.

Elias Lindholm's second-period goal proved to be the difference in Carolina's 3-2 win over the Kings Sunday.

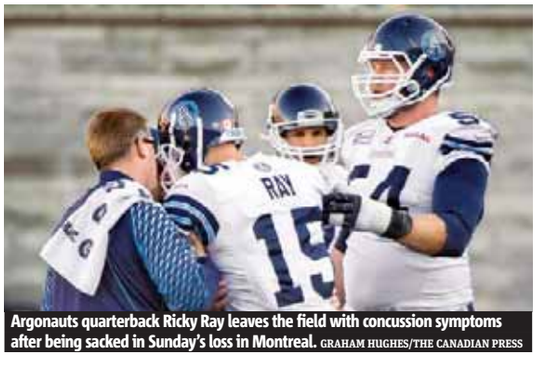
The Hurricanes (2-6-2) won for the second straight day after dropping their first eight games. THE ASSOCIATED PRESS

MLB

"Like anything you weigh multiple things, but definitely having a great opportunity to make the playoffs is something that's of interest."

Long-time Blue Jays closer Casey Janssen's outlook going into free agency.

Loss in Montreal puts Argonauts on the ropes



Argonauts quarterback Ricky Ray leaves the field with concussion symptoms after being sacked in Sunday's loss in Montreal. GRAHAM HUGHES/THE CANADIAN PRESS

The sun may have set on the Argos' playoff hopes.

They no longer control their own destiny following a dispiriting 17-14 loss to the Montreal Alouettes before 22,013 fans at Percival Molson Stadium.

"They just wanted in more in the end, that's my honest opinion," Argo slotback Chad Owens said.

The Argos need to beat the Ottawa Redblacks next Friday at the Rogers Centre and then hope the Als knock off the Tiger-Cats in Hamilton next Saturday.

Week 19

Alouettes	Argonauts
17	14

They don't even know if they will have quarterback Ricky Ray in the lineup. He was sacked late in the game and left with concussion symptoms.

"He got hit in the head and that's about all I know," head coach Scott Milanovich said.

The Argos said they would not have word on his condition until possibly Tuesday.

A cold Trevor Harris came into the game in relief with just over two minutes left, but he couldn't drive the Argos down into field-goal range against the wind. He didn't get much help as Mike Bradwell and Steve Slaton dropped easy passes.

TORSTAR NEWS SERVICE

Patriots bust Broncos with Brady's TD bunch

NFL. With four passing scores, New England QB improves to 11-5 against rival Manning

With 8-1/2 minutes remaining Sunday, the Gillette Stadium crowd delivered the message loud and clear: "Brady's Better."

On this day, Tom Brady and his New England Patriots certainly were the superior team, routing Peyton Manning and the Denver Broncos 43-21 to grab the best record in the AFC.

Brady outduelled Manning in the 16th instalment of the rivalry between the all-time great quarterbacks and is 11-5 against his rival. He threw for four touchdowns and Julian Edelman returned a punt 84 yards for a score.

In his 200th career start, Brady passed for 333 yards. He has won 155 of those, the most for any quarterback in that many starts.

metro AR Patriots linebacker Akeem Ayers sacks Broncos quarterback Peyton Manning on Sunday in Foxborough, Mass. Scan the image with the Metro News app for more from the NFL on Sunday.

STEVEN SENNE/THE ASSOCIATED PRESS

The game wasn't particularly competitive after the first quarter, which Denver completed in front 7-3.

New England (7-2) scored the next 24 points on the way to winning its fifth straight, halting the four-game winning streak for Denver (6-2) in emphatic fashion. Brady has 18 TD passes and one interception in those five victories.

Manning fell to 2-7 at Gillette Stadium even though he threw for 438 yards and two touchdowns. He has at least two TD passes in 14 consecutive games, an NFL record.

Brady connected with Edelman and Shane Vereen on five-yard scoring passes in the second quarter, with Brandon LaFell from 10 yards and with Rob Gronkowski from the 1 in the second half.

Most of Manning's yardage came well after the Patriots' fourth straight home win over Denver in as many seasons was secured. When it was closer, Denver's high-powered offence had little juice. THE ASSOCIATED PRESS

Manchester battle

City continues its dominance over United

Sergio Aguero kept Manchester City in range of Premier League leader Chelsea with a second-half derby winner on Sunday that consigned Manchester United to its worst 10-game start to a season in nearly 30 years.

The defending champions maintained their recent supremacy over their fiercest rivals by winning 1-0 at Etihad Stadium, with Aguero finishing off a sweeping move in the 63rd. City now has four straight league victories against United for the first time since the 1969-70 season.

United couldn't hold out after defender Chris Smalling was sent off in the 39th minute for two quick yellow cards and now has just 13 points from 10 matches — its lowest haul since 1986, when Ron Atkinson was fired and replaced by Alex Ferguson.

THE ASSOCIATED PRESS

Djokovic wins title

Raonic upended in Paris final

Canadian Milos Raonic's most reliable weapon was turned back on him on Sunday.

Raonic admitted that top-ranked Novak Djokovic handled his normally threatening serve with ease as the Serb defended his Paris Masters title with a 6-2, 6-3 victory over the native of Thornhill.

"Every time he put his racket on the ball, he was making me play a deep ball," said the 10th-ranked Raonic. "If he gave me a short return and I would attack, he would be there.

"That weighs on your shoulders when the guy is playing as well as he did today."

Despite the disappointing finish to the Masters tournament, Raonic's season has been extended. His play in Paris has helped him qualify for next week's World Tour Finals in London for the first time.

THE CANADIAN PRESS

Monday, November 3, 2014

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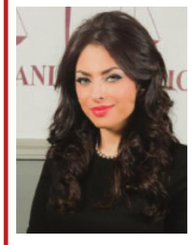

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AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Don't let negative thinking get the better of you. Focus on what you are good at and trust in the planets to guide you in the right direction.

♉ Taurus
April 21 - May 21
What happens today may not seem significant but with the benefit of hindsight you will see it plays a big part in the grand scheme of things.

♊ Gemini
May 22 - June 21
You may think you have energy to spare today but your physical batteries are running low, so don't take on any new duties.

♋ Cancer
June 22 - July 23
You won't lack for confidence today but common sense may be harder to come by. Make sure you know what you are getting yourself into for before agreeing to part with cash.

♌ Leo
July 24 - Aug. 23
The Sun and Pluto link well as the new week begins and the message it has for you is that you need to find more harmonious ways to link your home life and your work life.

♍ Virgo
Aug. 24 - Sept. 23
You are uneasy about the direction your life seems to be taking. With that in mind, don't start something new today just because you feel the need for a change. Your progress must be evolutionary, not revolutionary.

♎ Libra
Sept. 24 - Oct. 23
A challenge will push you beyond the rather narrow limits you have imposed on yourself recently. You will find hidden reserves of talent and energy.

♏ Scorpio
Oct. 24 - Nov. 22
As the Sun aspects your ruler Pluto today you will experience a great surge of energy. But you are strongly advised to finish what you have started before embarking on a new project.

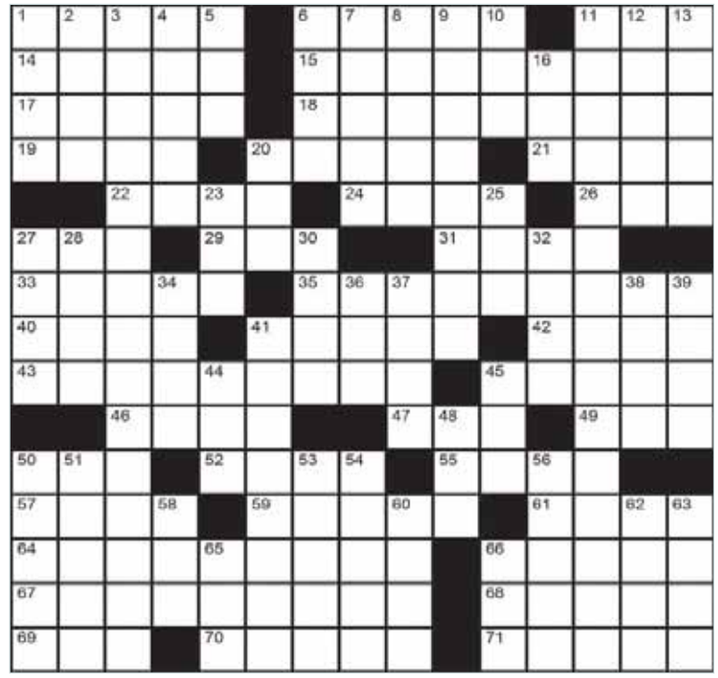
♐ Sagittarius
Nov. 23 - Dec. 21
A change of direction is not needed, despite what some may be telling you. All you need is faith in your abilities.

♑ Capricorn
Dec. 22 - Jan. 20
Don't allow others to talk you into doing something that will tie you down for weeks at a time. You have your own interests and goals to pursue and you must put them first.

♒ Aquarius
Jan. 21 - Feb. 19
You have been pushing yourself too hard and need to slow down. That won't be easy with power planet Pluto so strong at the start of the week but it can and must be done.

♓ Pisces
Feb. 20 - March 20
There are times when you take too much for granted and this could be one of them. You may think you can get away with neglecting a chore but if you do the consequences could be dire.

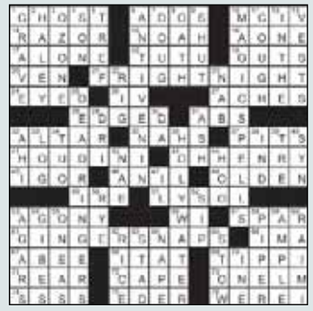
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Ballroom dance
6. Old Irish alphabet
11. Composer, Francis __
14. Sir Newton
15. Vehicle vacations: 2 wds.
17. Not last
18. "Skyfall" (2012), for one: 2 wds.
19. Restaurants bills
20. Robinson Crusoe author Daniel
21. Chomp
22. Ancient harp
24. Rap music duo, __ Yang Twins
26. Big Apple baseball team, briefly
27. British tenor, Alfie __
29. Ms. Thurman
31. Pull along
33. Take apart the Hoover, say
35. Free-standing __ (CN Tower, for example)
40. Do, __, __...
41. "__ __ I?" (Les Miserables query)
42. "Step ___ __!" (Pick up the pace!)
43. Travelled
45. Calgary-born songstress Jann
46. Actual
47. Not their
49. Disney deer
50. Vroomer
52. Johann __ (The Swiss Family Robinson author)
55. Fruit cocktail ingredient
57. Sort of sign
59. Government takeovers
61. Opened slightly
64. British Columbia/Washington State: Strait of Georgia, Juan de Fuca Strait and Puget Sound, as these three waterways are collectively known: 2 wds.
66. DWTS judge
67. Gilbert & Sullivan operetta of 1885: 2 wds.
68. Ms. Moorehead
69. "Hunger of the Pine" rock band: __-J
70. Burdened
71. Strengths

Down
1. Use a sieve
2. Largest continent
3. Pacific Northwest seabird: 2 wds.
4. Like Paul McCartney's instrument
5. Behave
6. "...there __ __ square."
7. Cartoon canine
8. Vietnam's capital city
9. Postscript
10. TV production co.
11. #45-Across' "Insensitive" album: 3 wds.
12. George Harrison's "Isn't It _ __"
13. "_ __ to recall..."
16. Steal
20. Rep.'s rival
23. Bar drink
25. RCMP's French acronym
27. __ Khalifa (World's tallest building in Dubai, UAE)
28. Early afternoon, __ _'clock
30. Greyish
32. 'Origin' suffix
34. 'Billion' suffix
36. Lake tester
37. Wristwatch brand
38. Nothing: French
39. Famous volcano
41. Canadian broadcaster Bill (Trivia! He hosted at both MuchMusic and MuchMoreMusic)
44. "Uh-uh."
45. 'Hect' add-on
48. Increases
50. __ Rica
51. Menotti opera, __ and the Night Visitors
53. "Sorry to hear that.": 2 wds.
54. "Blue __ Shoes"
56. Pirate's annoyance!
58. Classic game
60. Peacock: French
62. Freshly
63. Singer Diana
65. 'S' of RSVP
66. Baseball __

Friday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

2	6	1	4	8	7	3	5	9
7	3	8	1	5	9	6	2	4
4	9	5	3	2	6	1	8	7
5	7	3	6	4	2	8	9	1
8	1	9	7	3	5	4	6	2
6	4	2	8	9	1	5	7	3
9	2	4	5	1	8	7	3	6
3	5	6	2	7	4	9	1	8
1	8	7	9	6	3	2	4	5

Conceptis Sudoku

By Dave Green

		3				1		
	6		3		5		2	
4		8		2		6		9
	7		2		1		8	
		2				5		
	1		8		4		7	
6		4		7		2		8
	3		6		9		5	
		7				9		

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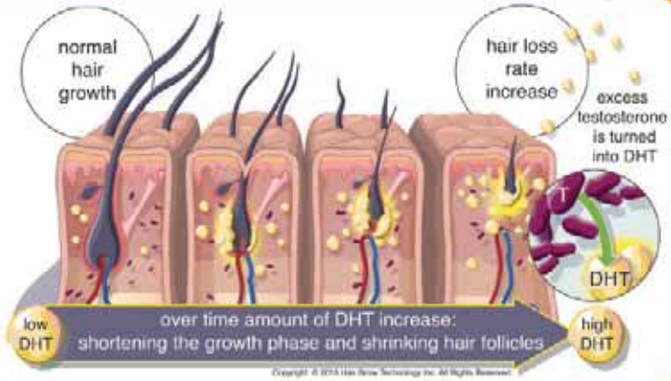
STOP HAIR LOSS

#1 SELLING IN CANADA

for MEN and for WOMEN

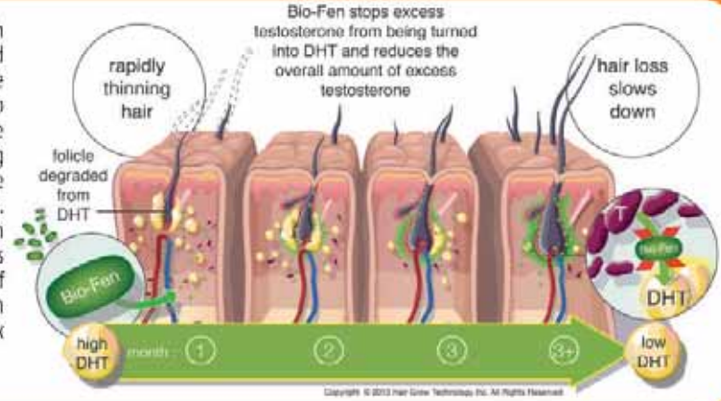
What Causes Hair Loss?

Hair loss is caused by multiple factors; health, medication, diet, stress, illness and hereditary genetics. One major reason is hereditary genetics which determine our potential hair loss condition. Some people see hair loss in their 20's, while others see little hair loss over their lifetime. An enzyme called 5-alpha reductase converts testosterone into dihydrotestosterone (DHT), which inhibits hair production and degrade the follicles over time. This condition is known as androgenic alopecia (AGA), also called male and female pattern baldness. As DHT attack the hair follicles it will lead to thinner and more fragile hair as you age.


normal hair growth
hair loss rate increase
excess testosterone is turned into DHT
DHT
low DHT
over time amount of DHT increase:
shortening the growth phase and shrinking hair follicles
high DHT

How does Bio-Fen® PLUS work?

The fenugreek seed extract in both formulas reduces excess blood lipid levels. Fenugreek contains an active plant sterol, which has been shown to inhibit 5-alpha-reductase activity – the enzyme responsible for converting excess testosterone to *DHT* (which is the primary molecule that causes hair loss). The SDG from flax lignans in both formulas also decreases excess cholesterol - the building block of testosterone. Based on new research on the rate of metabolism of SDG in flax lignans (8-12 hours on average).



How long must I use Bio-Fen® Plus?

Bio-Fen® Plus for Men capsules are usually effective at stopping hair loss within the first two months. However, since healthy hair grows only about 1 cm each month, it may take up to three months before you notice that hair growth is increased or the rate of hair loss is decreased. Anyone experiencing new growth should see it within four months. Once you stop completely your hair growth pattern will slowly go back to the point where you started.

See our website to locate your nearest store that carries *Bio-Fen® Plus.*

www.biofen.com • 1-866-424-7745

Available at Health Food Stores, Supplement Stores & Independent Pharmacies

Bio-Fen® Plus for Men will also help to:

- ***Relieve the urologic symptoms associated with mild to moderate benign prostatic hyperplasia - BPH*** *(e.g. weak urine flow, incomplete voiding, frequent daytime and night time urination).*
- ***Reduce elevated blood lipid levels / hyperlipidemia.***

Bio-Fen® Plus for Women will also help to:

- ***Reduce elevated blood lipid levels/hyperlipidemia***
- ***Prevent iron deficiency.***
- ***Metabolize carbohydrates, fats and proteins.***

Save $5.00 off your purchase!

COUPON:

Each coupon is valid for one bottle of Bio-Fen® Plus for Men or Bio-Fen® Plus for Women. Valid one coupon per bottle. Coupon is void when reproduced or altered in anyway. Coupon expires on **December 31st, 2014.** Retailers must submit all coupons with a copy of the receipt for reimbursement to Hair Grow Technology with 30 days after the expiration date.